As a Professional Flight Attendant for over 25 years I strongly urge you to disallow the use of cellular phones on board aircraft after departure from the gate, while in flight. We have seen the increase in number of seats on the aircraft which causes passengers to have a minimum of personal space while on board. Staffing levels have been reduced and meals are now to be purchased on board in place of the complimentary meals once offered. Increased security means long lines and hassles with luggage, not to mention the personal searches by TSA employees. All of these things contribute to stress for our passengers. Allowing cell phone use in the confined space of an aircraft cabin will only exacerbate the stress our passengers are under. Please reject this proposal and preserve all our sanity. Thank you.